



3 NUTRITION SERVICES

Effective: 12/1/95

3.19 Nutrition Risk Determination: Dietary Intake of Children and Women

Revised 6/16/05

POLICY: A diet assessment is required for the certification of children and women. A 24-hour food record and standardized eating practices questions (i.e., pages 3 and 4 of the Child, Prenatal, and Breastfeeding/Postpartum Questionnaires; see the attachments in policy 3.20) are the tools used to assess dietary intake information and determine dietary risk factors. Assessment of the eating practices questions is required for all children and women. Assessment of the 24-hour food record is required only if the participant has no anthropometric, hematological, clinical/health/medical, or dietary practices risk factor.

PROCEDURE:

A. ACCURACY OF THE DIETARY INFORMATION

1. Briefly review the 24-hour food record and the responses to the dietary practices questions. Clarify responses as needed with the applicant/caregiver.

B. ASSESSMENT OF DIETARY PRACTICES

1. Compare the responses to the dietary practices questions to the dietary risk criteria and assign risk(s) as appropriate.

C. ASSESSMENT OF THE 24-HOUR FOOD RECORD

If the applicant has no anthropometric, hematological, clinical/health/medical, or eating practices risk factor, assess the 24-hour food record:

1. Review the answer to question #1 ("Is this the way this child/you eat most of the time?") that is printed below the 24-hour food record on the Questionnaire (see Attachments in Policy 3.20). If the answer to question #1 is "no," ask what is typical; make corrections directly on the 24-hour food record, and initial these changes.
2. Review the food record for times, portion sizes, ingredients of mixed dishes, methods of preparation, snacks, beverages, and condiments (e.g., gravy, butter/margarine, jelly, salad dressings). Make any necessary corrections and initial these changes.
3. Use the USDA Food Guide Pyramid Recommendations and WIC Risk Factor Criteria (see Attachment) to determine the number of servings consumed from



each of the five food groups. Record the numbers of servings in the appropriate spaces below the food record.

4. Compare the total numbers of servings consumed to the dietary risk criteria (see Attachment).

NOTES:

When determining risk criteria, note that if the risk criteria is, e.g., "<2" and the person reportedly consumed 2 servings, make sure that the two servings were full portion sizes. (For example, just slightly under 2 servings would constitute a risk.)

ATTACHMENTS:

- * USDA Food Guide Pyramid Recommendations and WIC Risk Factor Criteria